Certainly! If someone wants to embrace a less ambitious lifestyle, they can consider the following steps:

1. **Reflect on Values**: Take time to understand what truly matters to you. Focus on values like contentment, simplicity, and relationships rather than achievement and success.

2. **Set Realistic Goals**: Instead of aiming for high achievements, set smaller, more manageable goals that prioritize enjoyment and fulfillment over competition.

3. **Practice Mindfulness**: Engage in mindfulness practices such as meditation or yoga. This can help you stay present and appreciate the moment rather than constantly striving for more.

4. **Limit Comparisons**: Avoid comparing yourself to others. Social media can amplify feelings of ambition and competition, so consider reducing your exposure to it.

5. **Embrace Simplicity**: Simplify your life by decluttering your environment and commitments. Focus on what brings you joy rather than what society expects.

6. **Cultivate Gratitude**: Regularly practice gratitude by acknowledging the positive aspects of your life. This can shift your focus from what you lack to what you already have.

7. **Prioritize Relationships**: Invest time in building and nurturing relationships with family and friends. Strong connections can provide fulfillment that ambition often overshadows.

8. **Engage in Hobbies**: Spend time on activities that you enjoy purely for the sake of enjoyment, rather than for achievement or recognition.

9. **Accept Imperfection**: Understand that it’s okay to not excel in everything. Embrace your imperfections and recognize that they are part of being human.

10. **Seek Balance**: Strive for a balanced life that includes work, leisure, and self-care. Avoid overcommitting to work or projects that drain your energy.

By following these steps, one can cultivate a lifestyle that values contentment and fulfillment over ambition and competition.